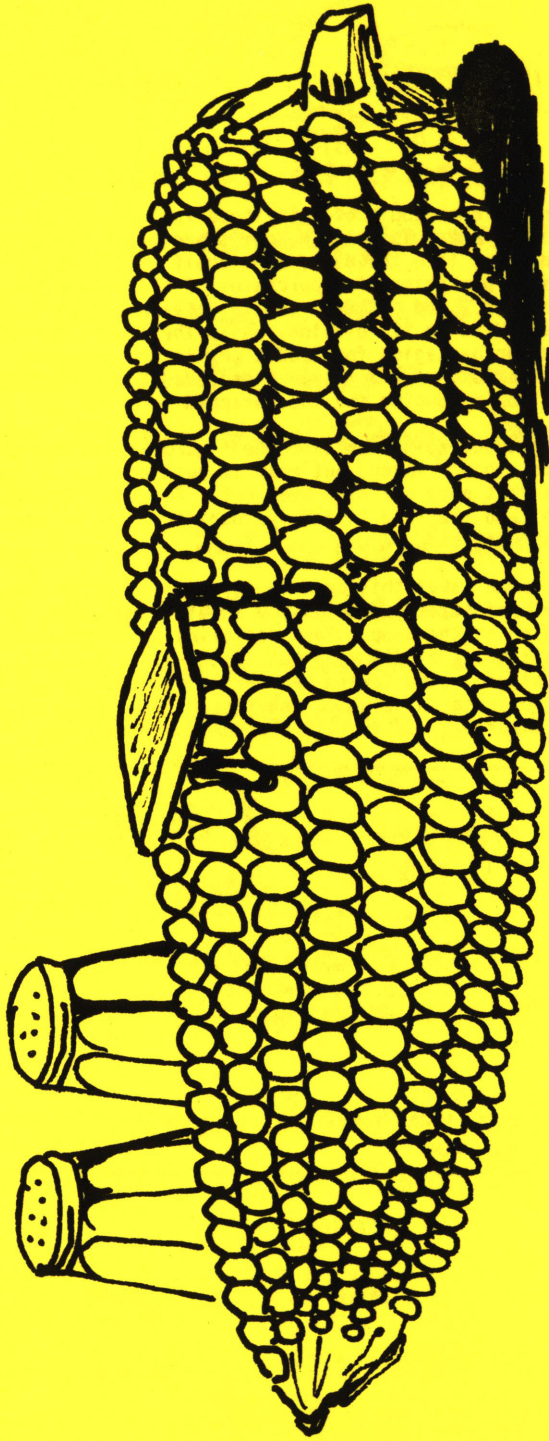


Moscow Food Co-op Newsletter



September 1987

DO YOU LIKE THROWING AWAY ALL THAT PACKAGING?

By: Bill London

Bob Greene of Bookpeople brought these facts to my attention. He read them in a recent issue of Harper's magazine. In industrialized countries, like the U.S., about half of all household trash consists of packaging--for purchases of all kinds, but especially for food. And in 1986, the total farm income in the U.S. was estimated to be \$27 billion, while the amount American consumers paid for packaging for food alone in the same year was \$28 billion. The cost of the wrappers exceeded the price paid to the farmers for producing the food wrapped therein.

Some of that packaging contains the fluorocarbons now threatening the earth's ozone layer, but most is just a waste of resources, like the trees that need not have been cut. And when the package has more value than the food inside, perhaps its time to consider our national priorities.

While everyone takes this opportunity to reevaluate those famous national priorities, perhaps you should congratulate yourself for shopping at the Co-op. Your recycling of containers and purchase of bulk goods of all kinds at the Co-op is a small, but of course, meaningful step toward reordering national priorities. There is just no sense in spending unnecessarily to buy packaging thrown "away" after one use to fill overburdened landfills.



J & W

- WHOLESALE & RETAIL MEATS
- CUSTOM CUTTING
- MOBILE SLAUGHTERING
- WILD GAME PROCESSING
- SAUSAGE MAKING

J & W MEATS 110 S. MAIN ST., MOSCOW, ID 882-1456	J & W FOODS 339 MAIN ST., TROY, ID 835-3111
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SEPTEMBER 1987

Published by the Moscow Food Co-op
314 S. Washington Moscow, ID 83843
(208) 882-8537

Open Monday - Saturday 9 a.m. - 7 p.m.

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Advertising: Cheryl Werhner
Graphics: Sarah Moore
Typing: Kay Cronin of
Hands Down

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kinko's



A new crew of energetic and innovative Co-op supporters are needed for next year's Board of Directors. Perhaps you are ready to serve the Co-op on the Board ...

If you are interested, please come to our Board Introduction Meeting, sip wine, munch cheese & crackers. Discuss this with the present Board members there.

What : Brie and white wine, with conversation

With : Encouragement and recruitment of new members of the CO-OP B.O.D.

Where : Mercy Bean2 Cafe', in back of the Purple Mall 527 S. Main in Moscow.

When : 8:00 pm Tuesday, Sept. 15

“ASK NOT WHAT YOUR CO-OP CAN DO FOR YOU, ASK WHAT YOU CAN DO FOR YOUR CO-OP”

TAKE IT DOWN THE STREET

By: John McCarthy

Although it is not a novel idea, discussions have begun to decide if the Co-op should or can move from its present location to some place with more space and a better mix of useable space.

At this point members of the Board of Directors and staff are looking into the idea to figure out what the options are. It has been an exceptionally successful summer at the Co-op and progress has been made with re-arranging the store layout. So the question arises, if it ain't broke, why fix it.

The idea behind a move is that the Co-op could serve current members better with more products and more offerings, while expanding its membership and general clientele.

Some old ideas have resurfaced, such as a soup and sandwich counter, a juice bar, a beer and wine license, a meat and fish counter, potted plants, more produce, more crafts and kitchenware, and so on.

The current push comes in part from me checking out the Good Food Store in Missoula, and Truman Woodruff (also a board member and a summer worker at the store) looking over the Co-ops at Tonasket, Colville and Republic. All the stores have made the jump from small storefront operations to full blown, full service, get-all-you-get, buy-everything-here operations.

Each has a year-round, wide selection of produce. Good Food has three times what we have in all-organic produce, in addition to a full line of commercial produce. Organic poultry, frozen foods, prepared foods, packaged salads, are some other things.

What impressed me about Good Food was that it was accessible to the entire community and it is a force in the community. Face it, we live in a society dependent upon everyone dragging around several thousand pounds of automobile everywhere they go.

While the Co-op bike rack is well used and many Co-op shoppers are not burning petro-products to get groceries, the lack of parking at the store is keeping away people who want the things we sell. People who lug around children like leeches, in particular, don't want to push baby strollers and shopping carts around the block.

I think that if we had better parking and more space we could put together a store that meets all of current members' food and related item needs and expand to new folks and regain some lapsed members.

You may think otherwise. This is an idea that is not going to fly unless people who are committed to the Co-op now want to see it happen. If current Co-op members don't want to commit the time to making the actual physical change and to taking the risk in a whole new ball game, then the idea's time has not arrived.

*(oops - turn to page 11
for rest of article)*

September Specials

Apple Honey Spread

Reg. 8 02 - 1.93
16 02 - 2.86

Sale 8 02 - 1.55
16 02 - 2.29

All Celestial Seasonings

Bulk Teas 20% off

Grape and Lemon ~ Lime Spritzer

Reg. .82 each

Sale .73 each

Garlic Jack reg 2.44/lb

Sale 2.21/lb

Coffee - Kona Blend

reg. 7.18/lb

Sale 6.23/lb



WILL WE SEE YOU IN SEPTEMBER?

By: Greg Meyer

As a former student myself, I want to extend a personal "welcome/welcome back" to all area students.

September is a month of harvest and preparation. UI and WSU students who want to prepare for the cold, lean months ahead should shop at the Co-op this month. All month long students with I.D.'s can buy at member prices. A 7% savings!

Also, keep an eye open for a big Co-op fundraising dance soon. The music will likely be African, the dancing uplifting, and the vibes harmonically converging.

Will we see you in September?

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843

ALTERNATIVES TO COMMERCIALLY AVAILABLE PRODUCTS

By: Steven Barr

This list of useful environmentally-safe substitutions was developed by the Washington State Department of Ecology.

<u>DO YOU USE</u>	<u>TRY</u>
Glass Cleaner	2 TBS of vinegar to 1 Quart of water
Oven Cleaner	Pour lots of salt on fresh spills in oven, scrape off after oven cools. A water solution of baking soda will remove grease. Paint ammonia on spills with paint brush.
Refrigerator deodorizer	Baking soda. Keeping a refrigerator clean will prevent strong smells from developing.
Air Freshener	Use vinegar in an open dish or open a window.
Chlorine scouring powder	Use a non-chlorine powder or baking soda.
Drain cleaner	Plunger followed by a handful of baking soda with $\frac{1}{2}$ cup vinegar; cover drain and let sit for 15 min., followed by 2 qts. boiling water.
Mothballs	Cedar chips enclosed in cotton sachets. Keep only clean clothes in closet.
Toilet bowl cleaner	Scouring powder.
Household detergents	Simple soap.
Tile cleaner	Baking soda.
Bleach	Borax.
Stain remover	Rub with cornstarch paste, brush off when dried.
Disinfectant cleaner	Ammonia.
Mildew-stain remover	Vinegar solution
Coffeepot cleaner	Vinegar solution.

In many cases, cleaning chemicals can be replaced by simple soap, baking soda, vinegar, ammonia, washing soda and borax that are less expensive and usually just as effective--ask your grandparents!

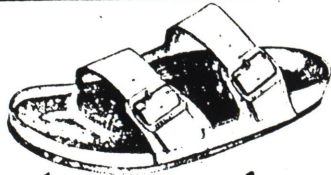


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AN INDIAN HERB AND RECIPE

By: Sanyogta Verma

HERB

Ajwain seeds are considered very good for stomach ache or digestive problems in traditional Indian herbal remedies. Sometimes the seeds are eaten, by mixing one teaspoon of ajwain seeds with one-quarter of a teaspoon of salt and then chewing the resulting mixture. The seeds/salt mix is to be chewed for about ten minutes, and the fluids swallowed. The taste is slightly bitter, but the flavor does become enjoyable to many.

Ajwain seeds can also be made into a tea. First boil one teaspoon of ajwain seeds in one cup of water for ten minutes. Strain the tea and add one-quarter teaspoon of salt, then drink.

In India, we add ajwain seeds to our lemon pickles. It is very good in taste, and good for the stomach. Also, when stuffed paranthas (chappatis) are made with potatoes and cauliflower, some ajwain seeds are added to it, giving again the good taste and help with digestion.

RECIPE

We make Kheer (a milk and rice pudding) in India with the following ingredients:

- milk - one liter
- rice - 2 tablespoons
- almonds - about 20, cut in small pieces
- raisins - about 20
- cardamoms - 4 crushed
- sugar - one-quarter cup, vary according to taste

Boil the milk, wash the rice and add to the milk. Allow the mixture to continue boiling on medium temperature for at least a half hour, while stirring to prevent sticking. When the rice becomes soft and the milk becomes thick, add raisins and sugar and continue boiling for ten more minutes at low temperature. Remove from heat and serve in a bowl decorated with almond pieces and cardamon powder. It can be eaten hot or cold for dessert.

BOARD MEETING

By: Steve Barr

The August 4th Board Meeting was an informative one, with Truman's ideas from visits to several area food co-ops and Janice's thoughts on the Co-op's products and the way they were displayed. They provided an interesting evening of discussion albiet controversial to some of the Board. Board members present included John, Truman, Carolyn and myself. Greg represented the staff and Janice provided additional input to the proceedings.

The good news from the store report, given by Greg, was that the dog days of summer (\$300 days or less) have not materialized. Sales have remained in the \$500-600 per day range. Volunteers are needed, but the store has been kept well stocked, thanks to our competent staff.

Discussion from the sub-committee interested in moving the Co-op followed. I informed the Board that Truman and I had checked out several locations downtown and had made contact with Moscow Realty. I also told the Board I had contacted the Small Business Administration who could guarantee up to 90% of a mortgage loan upon bank's approval. A fair amount of paper work would be required before submitting a SBA application including a profit and loss statement, a projected income statement, and a business plan.

Truman said he had contacted Bob Campbell, a business specialist with WSU. Mr. Campbell advised Truman to have Mary Jo fill out a monthly cash flow projection sheet. This would enable the Co-op to gain valuable information by comparing the Co-op's cash flow with grocery stores of similar size. Mr. Campbell was also willing to meet with the Board to discuss finances, i.e. monthly expense and income statements prepared by Ginny Kuska. The Board felt this was a good idea and asked Truman to invite Mr. Campbell to the next Board meeting.

In further discussion concerning moving the Co-op, Greg felt the need for additional space in order to expand product lines. Carolyn believed the present space could be used better--bigger was not necessarily better. John noted that the Board needed more financial information before securing any kind of a loan. The Board decided to continue its investigation of moving the Co-op and to look at different options.

Truman then discussed information and ideas he had obtained from visits to several area co-ops including Colville, Republic, and Tonasket. I have summarized those ideas into the following:

1. In order for the Co-op to remain a growing and competitive business, it should not have to depend exclusively on volunteer help.
2. The Co-op should look at other sources to pay its employees, such as federal job programs or even work study.
3. Philosophically, the Co-op needs to look at itself as a small business.

4. The Moscow Food Co-op has lower mark-ups and membership fees than other co-operatives.

5. Other co-ops have much nicer looking stores, more products, and more space to operate and display goods.

Janice then continued by sharing some of her thoughts about the Co-op and other food co-operatives as well. She felt confusion when entering the store: products were not arranged logically; there were no window displays or a literature board concerning vitamin use; vitamins with their high mark-up should be considered an important source of revenue; herbs needed to be stored on their side (away from light, otherwise they lose their potency); an entire room has been devoted to herbs and spices at the Colville Co-op; the Moscow Food Co-op has depended on just a few suppliers creating shortages when certain items were not available; lots of quality produce should be offered to bring people into the store; and some co-ops sold baked goods from their own bakery.

All these ideas should certainly generate more discussion out there and hopefully get you out to the annual membership meeting planned for October. A candidate's meeting for prospective board members has been scheduled for the end of September. So, if you are interested in serving on the Board, talk to a Board Member. Things are starting to happen -- get involved -- your Moscow Food Co-operative needs you, especially anyone with financial expertise or a real estate background.

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Stepping
Stones
Inc.

Stepping Stones, Inc., a non-profit organization for adults with disabilities in Latah County, is moving from 408 South Main in Moscow, to 124 East Third in Moscow on September 2, 1987. 883-0523

... continued from page 4

Take it Down the Street //

Page Two

A presentation on the progress toward moving will be made at the annual meeting Saturday, October 24, at the Moscow Community Center. Reports on financial backing, possible locations and the idea in general will be thrown out. If it seems like a good idea and people want to pursue it, let's do it. If you like things the way it is, don't want the upheaval or the hassle, think the store serves people in the community just as it should, or whatever else your opinion may be, you are welcome to speak out at the meeting. Or suggestions and opinions are welcome to be voiced to staff or board members.

If it is not time to move, then perhaps more effort should be made to better use the space we have.




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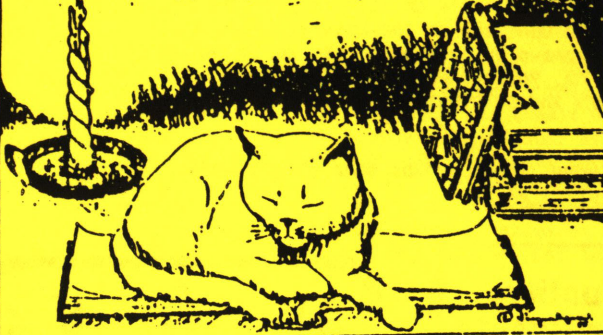
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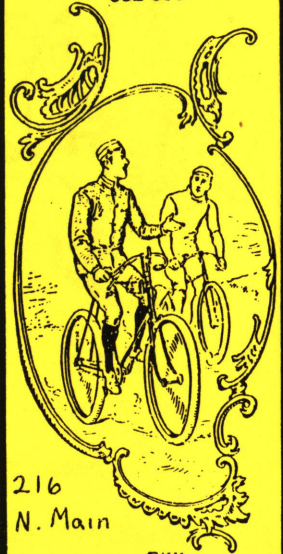
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- Unique salads, pita sandwiches and delicious homemade soup.
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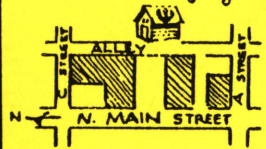
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